



COMPARATIVE STUDY OF PSYCHOLOGICAL WELL-BEING AND STRESS AMONG ORPHANS AND NORMAL ADOLESCENCE

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ABSTRACT

The present study aimed at comparing stress and psychological well-being among orphan and normal adolescence. In this study 80 samples were selected through accidental sampling, 40 are orphans and 40 normal adolescence. All samples were taken from orphan homes and schools of Adilabadh district, Telanganastate. Stress and psychological well-being questionnaire were used for measuring the level of stress and psychological well-being of orphan and normal adolescence. t-test was used to analyze the data. Results shows that orphans are significantly more stressed and weakly performed in the areas of psychological wellbeing compared to normal adolescents. These results are significant at 0.05 level.

INTRODUCTION

The Indian family has tradition to provide natural social security to the children. However, the children who lost their parents in conflicts, the role of the family is shared by orphan homes. In these cases they don't have any option than adopting the orphan homes. Due to loss of family an orphaned is alone in adult world (Pilapil 2015). Orphans experience serious violation of many of their rights. In these cases orphan homes seems to be important and needed choice for the children. In recent times, very few studies in India have assessed the level of Stress and Psychological well-being among children living in orphan homes. Hence the present study aims to compare the level of stress and psychological well-being among orphans and normal child. UNICEF and global partners define an orphan as a child, who has lost one or two parents, and orphan home or orphan age, is place or a residential institution for the care and education of orphan (UNICEF 2015). Children who grown up in institutions suffered from lack of love—that they were missing important parental relationships, which in turn was hurting or even killing them (Orphan problem 2013). Growing up in an orphanage inhibits both early mental and physical growth of adolescence child, well-being, stress, and other emotional problems can be the psychological issues triggered from a lonely and unpredictable life style of orphan.

According to Elizabeth B. Hurlock (2013), adolescences is beginning when children become sexually mature and ending when they reach the age of legal maturity. While every age has its problems, those of adolescence are often difficult for boys and girls to cope with. There are two reasons for this- First, throughout childhood, their problems were met and solve some at least by parents and teacher. As a result many adolescents are inexperienced in coping with problems alone. Second, because an adolescent wants to feel that they are independent, they demand the right of coping with their own problems. For this study a normal adolescence is considered as an adolescents who grown up in a parental care. During this period an orphan or normal adolescent may go through various psychological problems, among them stress and psychological-well being are the most common problems. Sujatha and Jacob, 2015 studied the emotional and behavioral problems among adolescent children in selected orphanages at Mangalore. The study identified 7.5% at risk for hyperactivity disorder; 37.5% at risk for peer problems and 12.5% with severe peer problem. Regarding the pro-social behavior, 22.5% were at risk while 5% had abnormal pro-social behavior. No child was found to have conduct problems. It concluded that there was a need for Cultivating Positive Emotions to Optimize Health and Well-Being (Sujatha and Jacob, 2015).

The incidence of stress related problems in adolescents has increased markedly over the past decades (Piko 2015). Stress is simply a reaction to a stimulus that disturbs our physical or mental equilibrium, an orphan child is encircled by the stressors which can trigger the "flight-or-flight" response (Psychologytoday 2015), when the body is stressed, muscles tense up, muscles tension is almost a reflex reaction to the stressful situations, it is the natural way of body to guard against injury and pain. Stress can be categorized into two sub-categories,

- Acute stress
- Chronic stress or long-term stress

When stressful event trigger body response, causes hormonal changes such as adrenal and cortisol surge through the body, a little bit of stress known as "acute stress," it keeps us active and alert, but long-term stress, or chronic stress can have detrimental effects on physical or mental health, due to lack of parental care and insecurity orphans are the highly victims stress.

"The occurrence of stressful events is nearly universal; it may a threat to physical safety, the end of the relationship, or getting a bad grade in school. Yet researchers have examined whether a stressful events mediate gender differences in depression with mixed results. The result of some studies suggests that adolescents' girls do experiences more stress than adolescent boys" (Allgood-Merten et al. 1990; Davies and Windle 1997; Ge et al. 1994; Charbonneau 2009). There is a growing evidence that the ways of coping with stress affect not only the mental health but the physical and social well-being as well. (Wheaton, 1985; Piko 2005)

"Well-being is dynamic concept that includes subjective, social, and psychological dimensions as well as health related behaviors" (Tricia, 2005). According to many researchers, psychological well-being has six elements.

- Self-acceptance
- Personal growth
- Purpose in life
- Environmental mastery
- Autonomy
- Positive relations with others

Angelo Carlo D. Pilapil 2015 studied the Psychological Well-Being of Orphans of Filipino Children. The study's purpose was to describe and understand the orphans' lives with special focus on identifying factors that affect their psychological well-being. Interviews, focus group discussions, and participant observations were conducted; transcripts were analyzed in terms of Smith's (2003) descriptive categories and emergent themes. The descriptive categories included the factors affecting the orphans' psychological well-being, and an overview of the orphans' psychological well-being while emergent themes are factors affecting their psychological well-being which included were poverty, family value, and faith, locus of control, adopting families, social interaction and friends, stigma and discrimination, house parents, disinherited type of RAD (reactive attachment disorder), prejudice, parental attitudes and influence, material problems, and attachment complexities. Emergent themes observed in the nature of orphans' psychological well-being included sense of self-importance, faith and religion, skills and abilities, contentment, risking change, peer and close friend, aspirations and view of life. Findings were described alongside supportive related studies and literatures (Pilapil 2015).

Materials and methods were used:

Objectives:

- To compare the level of stress and psychological well-being among orphan and normal adolescents.

Hypotheses:

1. There is no significant difference in stress among orphan and normal adolescents.
2. There is no significant difference in psychological well-being among orphan and normal adolescents.

Sampling method:

The 80 sample was taken by using an accidental sampling method, 40 orphans and 40 normal adolescents.

Tools:

- **Stress scale:** This scale developed by Dr. M.Sinha, consists of 40 items that measures the intensity of the stress. The items were scored on a 3 point scale, range from (always to never).
- **Scoring:** Allot 2 marks on “always”, 1 mark on “sometimes”, and 0 mark on “never”. Sum up all the marks and interpret in terms of state of stress.
- **PGI General Well-Being scale:** Developed by Dr.SanthoshK.Verma and Dr.AmithVerma. The General-well-being test consists of 20 items. The scoring is done by just counting number of ticks(positive response) with the scores ranging from 0 to 20. The total number of ticks indicates the level of well-being of an individual.

STATISTICAL TECHNIQUES:

t-test was applied for statistical analysis to find out the results.

RESULTS AND DISCUSSION:**DATA TABLE OF STRESS AMONG ORPHAN AND NORMAL ADOLESCENCE**

| GROUP | MEAN | SD | df | SED | t-value |
|---------------------------|-------|-------|---------------------|-------|---------|
| ORPHAN | 57.27 | 11.57 | 78 | 1.934 | 2.63 |
| NORMAL | 52.17 | 3.98 | | | |
| Significant at 0.05 level | | | | | |
| N ₁ = 40 | | | N ₂ = 40 | | |

DATA TABLE OF WELL-BEING AMONG ORPHAN AND NORMAL ADOLESCENCE

| GROUP | MEAN | SD | df | SED | t-value |
|---------------------------|--------|-------|--------------------|-------|---------|
| ORPHAN | 15.375 | 1.932 | 78 | 0.372 | 6.317 |
| NORMAL | 13.025 | 1.573 | | | |
| Significant at 0.01 level | | | | | |
| N ₁ = 40 | | | N ₂ =40 | | |

Result table1 shows the level of stress among orphan and normal adolescents, it indicates mean value of stress of orphan is 57.27 and SD is 1.93, and the mean values of stress of normal adolescents is 13.025 and SD is 1.57. Result was significant at 0.05 level. It indicates that orphans are more stressed compare to normal adolescents.

Result table2 indicates the level of psychological well-being among orphan and normal adolescents, mean value of well-being of orphan is 15.37 and SD is 1.93, and the mean values of well-being of normal is 13.02, SD is 1.57. Result was significant at 0.01 level. It indicates that orphans are not well performed in areas of psychological well-being compare to normal adolescents. Both null hypotheses were rejected at 0.05 level of significance.

By observing table1 and table 2 it can state that orphans are more stressed and poorly adjusted in psychological well-being. Studies indicates that a number of psychological factors are effected for good psychological health such as productive dealing, Being resilient, strong self-concept, to cope up and establish this things an adolescents need to have social approval and support, especially from parents which is important during the self development(Kaur and Rani 2016), and to handle the difficult situation, hence in a present study it can be determined that orphans are more stressed and poor in psychological well-being due to, the lack of social approval, parental care, and due to lack of guidance in forming relations with society, rules and regulation of orphan homes, lack of nutrition, can effect to acquired good psychological health of orphan compare to normal adolescents.

Conclusion

After an overlook of result tables, we can say that orphans are more stressed compare to normal adolescents and orphans are poorly adjusted in the area of psychological well-being compare to the normal adolescents. It may be due to lack of parental care or lack of guidance, facilities, and negligence in orphanages. During the data collection orphans were observed to be neglected from fields like, education, daily needs of adolescents, sports activities, lack of love and affection, compare to normal adolescents. Hence, by improving the qualities in lacking fields, a change can bring into a psychological health of orphans.

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